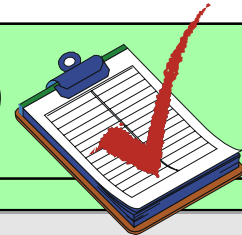


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Dec. 18, 2000

NEWS BRIEFS

CHS HOLIDAY RECEPTION

The Cabinet for Health Services will have a holiday reception on Thursday, Dec. 21 from 2:30 - 4 p.m. in the cafeteria. All CHS employees are invited to attend.

HAPPY HOLIDAYS

This will be the last CHS Checkup for the year. We will resume publication after Jan. 1, 2001.



TIP OF
THE
WEEK

If you worry at all about food poisoning, you probably save your concern for summer. Yet food poisoning has also ruined many a holiday. The holiday buffet—where foods may sit for hours—can be as dangerous as it is tempting. And improperly thawed or cooked foods may lay you low just when you want to feel your best. Every year, thousands of people become ill after eating food that was contaminated before, during or after preparation. Improper food handling allows viruses, bacteria and their toxins to get into food and multiply.

As you prepare food for others, remember that your goal is to keep these bacteria and viruses at safe levels. Keep it cold, keep it hot, keep it clean or don't keep it.

ID Badge Use Begins This Week

Employees in the HR Complex began using ID badges today to enter the building. If you experienced problems, please call your agency contact listed below.

Thanks to all employees for cooperating with this effort. The HR Security Committee appreciates your patience.

Here are a few other tips on ID use:

The cold weather may cause problems with your ID card and the readers. Try to keep the card warm before using.

If your office is holding a meeting in the complex that will be attended by several visitors, you can send a list of the visitors' names to the guards at the lobby desk a day in advance. Once all the attendees arrive, then security can call the staff to come down for all the individuals at one time.

It will also be helpful to provide

the following information for hearings and meetings: the subject and meeting sponsor (Cabinet, Office and name); the date, location and the estimated time span of the meeting; contact name (someone who can answer calls) and phone number of the person who will escort the visitors to the meeting.

Agency contacts for ID badge questions:

Families and Children - Linda Satterly, 564-7770
Health Services - Paul Hatchett, 564-6631 (email preferred)
Workforce Development - Janet Hampton - 564-5331
Corrections - Patrick Bowzer - 564-4726
Finance - John Mynhier - 564-2640

A map showing the entrances with card readers can be viewed at:
<http://chs.state.ky.us/checkup/entrances.html>



Training On New Evaluation System Continues

In case you missed last week's training classes on the new employee evaluation system, there are classes being offered this week.

The new evaluation method goes into effect on Jan. 1 and effects all full-time, merit employees.

Employee performance evaluations can benefit employees in several ways. They can improve communication about work between the employee and the supervisor. They also provide a way to

review the work progress of employees. Under the new system, additional vacation time may be awarded for outstanding performance.

Listed below is the current schedule for employee orientation to the new employee evaluation system. All are in the Health Services Auditorium.

Tuesday, Dec. 19, (2 sessions)
8:30 - 10:30 a.m.
1:30 - 3:30 p.m.



Caution Urged With Alcohol During Holiday Celebrations

Alcohol can be part of holiday celebrations, but it shouldn't be the highlight of the party.

Parties can be festive without alcoholic beverages. Hosts can serve alternatives such as non-alcoholic beer, punches, soft drinks or flavored coffee and tea.

"Most people are getting the message that alcohol doesn't have to be the mainstay of a celebration, especially with the recent change in the DUI law which says that a blood alcohol level of .08 indicates illegal intoxication," according to Mike Townsend, director of the Division of Substance Abuse in the Department of Mental Health and Mental Retardation Services.

The following tips can help partygoers reduce the risk of alcohol use, if they choose to drink:

- Drink slowly and avoid gulping an alcoholic beverage. On the average, the body can only metabolize

one drink an hour.

- Eat food with your alcoholic beverage to slow consumption
- Realize that alcohol metabolism is based on the size of the individual. For example, a 200-pound person will be less affected than a 110-pound person who consumes the same quantity of alcohol over the same period of time.
- Remember that wine coolers are not soft drinks. They have as high an alcoholic content as beer.
- Don't drink and drive or even ride with someone who is under the influence of alcohol or drugs.
- If you have a problem with alcohol or are a recovering alcoholic, decide how to handle the temptation to drink before going to a party.



Walters Public Health Work Noted In Newsletter

The work of Emma Walters, a dietician consultant with the Department for Public Health, was recently highlighted in "BrightNOTES," a newsletter published by the National Center for Education in Maternal and Child Health.

Walters has trained nurses, health

educators and nutritionists using the "Maximizing Resources For Results!" program materials. She has also worked with the department's Education and Training Branch to train nutritionists who are transitioning from clinical to public health services.



Remember Toy Safety During the Holidays

Make sure your children have a safe holiday when it comes to toys. Here are a few toy safety tips from the American Academy of Pediatrics:

Follow recommended age ranges on toy packages. Toys that are too advanced could be a safety hazard for younger children.



Check the size of the toy and make sure there are no parts that could be swallowed.

Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully. If the toy is appropriate for your child, show him how to use it properly.

Children under age 3 can choke on small parts contained in toys or games and balls with a diameter of one and three-quarters of an inch or less.

Children under age 8 can choke or suffocate on uninflated or broken balloons.

Watch for strings that are more than 12 inches in length. They could be a strangulation hazard for babies.



Staton Reception

A retirement reception for Mike Staton of the Division of Public Health Protection & Safety will be Jan. 5 from 2-4 p.m. in the Health Services Board Room, 2nd Floor. Call Vicki Smith or Melissa Brewer at 564-7398 for more information.